

Magical Fruit Salad

Rating: ★★★★★

Makes: 12 servings

Ingredients

1 can pineapple chunks (20 ounce)
1 1/4 cups grapes, seedless, red or green
2 banana
1 3/4 cups milk, non-fat or low-fat
1 package pudding mix, instant, lemon or vanilla (3 1/2 ounce)

Directions

1. Drain off the juice. Put chunks in a large bowl.
2. Rinse the grapes and drain. Add the grapes to the bowl.
3. Peel the bananas and cut into bite-sized pieces. Add to the bowl.
4. Pour the milk over the fruit. While slowly stirring the fruit mixture, sprinkle in the pudding mix.
5. Let the mixture stand for 5 minutes and serve.
6. Refrigerate leftovers within 2 hours.

Oregon State University Cooperative Extension Service, Pictorial Recipes Lynn Myers Steele, 2000 Oregon Family Nutrition Program

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	100	
Total Fat	0 g	0%
Protein	2 g	
Carbohydrates	24 g	8%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	140 mg	6%